

How to support your child with their Psychology revision

IMPORTANT DATES:

Paper	Topic	% of grade	Date of exam
7182/1	Introduction topics: Memory, Attachment, Psychopathology and Social	33	20 th May PM 2hrs
7182/2	Approaches, Biopsychology and Research methods	33	7 th June PM 2hrs
7182/3	Issues and Debates, Relationships, Eating Behaviour and Addiction	33	14 th June AM 2hrs



Three common revision techniques that are **LEAST** effective in helping students revise are:

- Highlighting texts
- Re-reading
- Summarising text



Whilst these methods may make them feel like they are revising, there are many better methods to help them revise.






Test and teach

Create quizzes or attempt premade ones. It's the easiest way to find out their weakest areas. Great websites include:

- Quizlet
- Kahoot
- Gojimo (App)
- Get Revising

Once you feel confident, start to **teach** others (Family or other students on The Student Room...)

The basics:

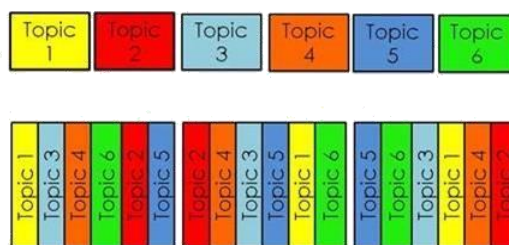
- **Time** – Start early. You wouldn't prepare for a dance competition an hour before. So don't try and cram the night before.
- **Sleep** – Your brain needs sleep to recover and process the day. Lack of sleep can **IMPACT** memory and concentration. The two things you need. 
- **Fresh air/Exercise** – You're not a machine. You need to move around and have some time away from revision. It also helps anxiety and allows you to think. 
- **No phones** – You owe yourself uninterrupted time away from distractions. See it as a reward for doing something that will benefit you. 



Interleaving and Spacing

Don't revise your all topics in one go (cramming), start early and revise 'chunks' of a topic for small amounts of time (20 minutes) and then move onto another 'chunk' from a different topic before returning to the topic at a later point.

Blocking vs interleaving



Practice questions

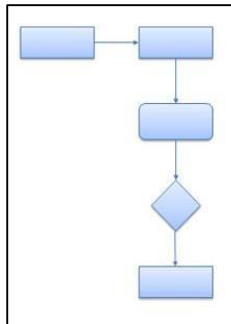
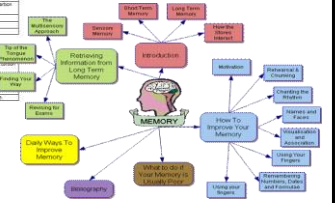
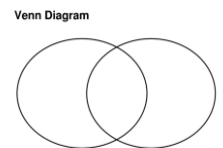
Once you've learnt content, test yourself with exam questions. **AQA** will have several practice papers and mark schemes available on their website.

Alternatively make up your own questions and mark schemes.



Transform your notes/information into visual revision material. Use them to:

- Show links between topics
- See whole topics in one diagram.
- See comparisons between approaches or research methods.
- Create flow diagrams for 16mark answers.

[illegible]

Your own knowledge

- **Dual Coding**

Use your knowledge of *Memory* to your advantage. Create revision material that have images **AND** words so that your brain can process information to the best of its ability.

- **Context-Dependent learning**

Do you know where your exam will be held and what direction you will be facing? Take a photo of the wall, print it several times and write your notes onto them.

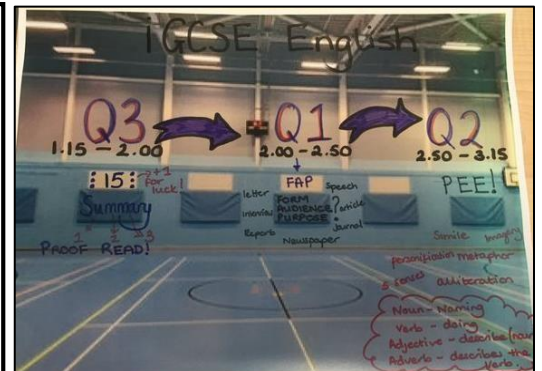
Looking at the wall during your exam should be a cue.

- **State-dependent learning**

Revising with music might be fun, but it won't help you in a very quiet exam hall. Don't revise until late in the Evening. Your exams will be during the day.

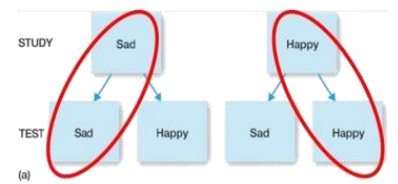
You also won't have your phones...

HINT: Try revising with a particular scent/perfume and then bringing it into the examination hall on a tissue



State Dependent Learning

→ Internal state is also key!



Eich & Metcalfe (1989)

Useful websites

<https://www.aqa.org.uk/subjects/psychology/as-and-a-level/psychology-7181-7182>

<https://www.tutor2u.net/psychology/reference/revision-quizzes?level=3000&board=2993>

<https://www.tutor2u.net/psychology/reference/revision-videos?level=3000&board=2993>

<http://www.psychology4a.com/>

In – school support

Weekly revision sessions every
Thursday 4.15-5pm in room 1 from
17th January

Log-on to RM Unify and access the Psychology department page for lesson resources.

Ask at the end of the lesson or email us if you have any questions...we are here to help!